VECTOR

CROSS TRAINER

User Manual
and Safety Procedures

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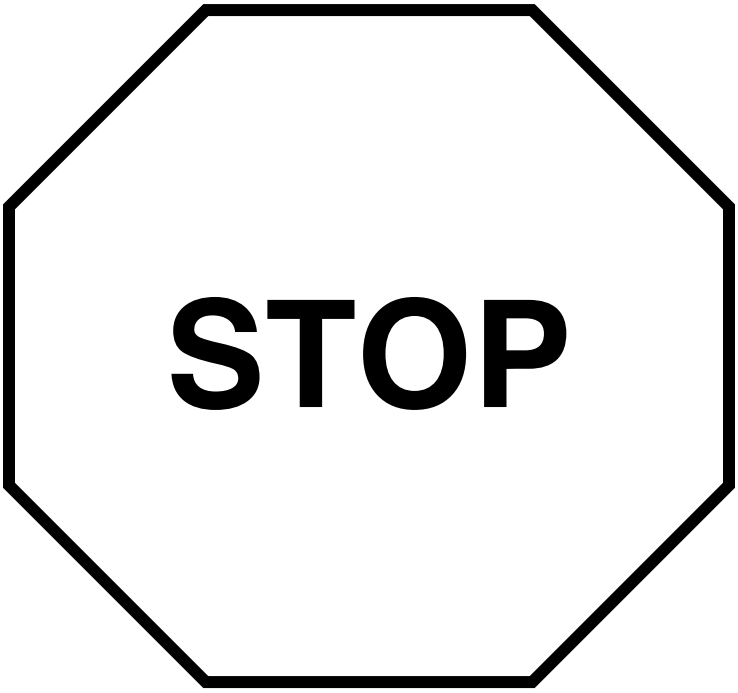

It is very important that you read these Maintenance and Safety Procedures before operating the Product. Remember to perform the periodic maintenance requirements specified in these Maintenance and Safety Procedures to assure proper operation and your continued satisfaction.

MAXIMUM USER WEIGHT: 350 LB (160 KG).

1. USING YOUR MARPO KINETICS VECTOR CROSS TRAINER

First time users:

1. Set rope speed to level 1. Since handle is spring loaded, always hold it firmly when changing speeds.
2. Sit on seat.
3. Grasp the rope with both hands and SLOWLY start pulling the rope.
4. Always perform the exercise in a slow, controlled manner and breathe normally.

Rope speed Selector

Light headedness and dizziness can be signs of over-exertion or other medical conditions. If this occurs, STOP using the machine immediately and consult a physician. Always rest between sets.

WARNING:

- KEEP HANDS AWAY FROM ALL WHEELS, PULLEYS, CABLES AND WEIGHTS, AS THEY MAY CAUSE INJURY.
- CONSULT YOUR PHYSICIAN PRIOR TO STARTING ANY EXERCISE REGIMEN.
- OBTAIN INSTRUCTION FROM AN AUTHORIZED TRAINER PRIOR TO USE OF THIS MACHINE.

2. SAFETY INFORMATION

Safety Information

Read the Maintenance and Safety Procedures carefully before assembling, servicing or using the MARPO KINETICS equipment. **MAXIMUM USER WEIGHT: 350 LB (160 KG).**

!WARNING!
Serious injury could occur if the following safety precautions are not observed.

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other MARPO KINETICS equipment are used properly to avoid injury.
2. Keep all extremities clear from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
3. DO NOT use any equipment that is damaged and/or has worn or broken parts. Use only replacement parts supplied by MARPO KINETICS.
4. DO NOT wear loose or dangling clothing while using the MARPO KINETICS equipment. Keep away from all moving parts.
5. Obtain a medical exam prior to beginning an exercise program.
6. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
7. Children must not be allowed to operate these machines. All minors and those with known physical limitations must be supervised.
8. DO NOT attempt to fix a broken or jammed machine. Notify authorized facility staff or contact Marpo Kinetics Customer Service.

9. Use the machine only for the intended use. Obtain instruction and DO NOT modify the machine(s).

Maintain Labels and Nameplates

Do not remove labels for any reason. They contain important information. If unreadable or missing, contact MARPO KINETICS for a replacement.

Securing Equipment

All MARPO KINETICS equipment must be secured to the floor to stabilize and eliminate rocking or tipping. This must be performed by a licensed contractor. DO NOT use the equipment if it is not set up and located on a solid, level surface.

Make sure that each machine is set up and operated on a solid, level surface. DO NOT install equipment on an uneven surface.

NOTE: Use fasteners having a minimum of 500 lbs. tensile capacity (3/8" grade 2 bolts or better).

NOTE: If legs/frame does not contact surface, DO NOT pull down with anchors. Shim any leg or frame not in contact with surface using flat washers.

Maintenance

Preventative maintenance is necessary for optimal performance of equipment as well as minimizing risk of injury. Inspect the MARPO KINETICS equipment prior to use. DO NOT use if damaged or inoperable.

Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Use only replacement parts supplied by MARPO KINETICS. Substitutes are to be avoided and will void any warranty agreement.

Routinely inspect the following:

- Chain link used to connect rope ends to ensure the chain does not show any wear.
- Rope to ensure that the connection of the two rope ends is not showing any fraying or tearing of individual strands. Replace at first sign of wear.
- Rope to ensure the entire length of rope has no loose strands and there are no foreign objects stuck in the strands which could cause cuts to the hands.
- Cables and belts; these pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult MARPO KINETICS if uncertain).
- Belts and roller chain inside the covers of the mechanism, for any signs of wear. Replace any belt or chain at first sign of wear (consult MARPO KINETICS if uncertain).

It is the purchaser's responsibility to properly instruct his/her end users and supervising personnel as to the proper operating procedures of all MARPO KINETICS equipment. It is recommended that the end users physical condition be evaluated prior to beginning any exercise program.

- Perform regular maintenance checks on the MARPO KINETICS equipment. Pay close attention to all areas most susceptible to wear.
- Keep a repair log of all maintenance activities.
- Immediately replace worn or damaged components. If unable to do so, remove the MARPO KINETICS equipment from service until repairs are made.

- Make sure that all users are properly trained on how to use the MARPO KINETICS equipment.
- Make sure that there is enough room for safe access and operation of the MARPO KINETICS equipment.
- Use only MARPO KINETICS supplied components to maintain/repair the MARPO KINETICS equipment.

UNDERSTANDING ALL WARNINGS TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT MARPO KINETICS PERSONNEL FOR CLARIFICATION.

NOTE: It is the responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

3. General Exercise Guidelines

Using MARPO KINETICS VECTOR CROSS TRAINER

Like most exercise, strength training involves an element of risk. Use this information to assist you and your members in making the experience on **VECTOR CROSS TRAINER** both productive and safe. Prior to engaging in any strength-training program, individuals with known health conditions and/or individuals whom are unfamiliar with the risk(s) involved with weight training, should first consult with a physician.

All training sessions should be supervised by trained personnel. Be certain that the warning stickers affixed on your **VECTOR CROSS TRAINER**, remain unaltered and on the product. Also, be certain that all stickers (safety, instructional or otherwise) are read and understood by each user.

All users should be instructed on the proper use of **VECTOR CROSS TRAINER** as well as those actions that should be avoided. Each **VECTOR CROSS TRAINER** machine has factored in adjustments to accommodate for a wide variety of fitness levels. Prior to use, make sure that the user understands their range in which to operate the equipment. To minimize user and/or bystander injury:

- Do not lean against framework or any component whether it is dynamic or static.
- Stay clear of any components while in motion. Keep hands and feet away from cables, belts, cams and pulleys and/or any converging action. The convergence of these transmission-based components can cause serious injury.

Product Maintenance and Use

Repair of any MARPO KINETICS equipment should be performed only by authorized persons.

Never modify any MARPO KINETICS equipment or attempt to make adjustment(s) to, or the repair, of any MARPO KINETICS equipment without first contacting MARPO KINETICS. Always notify someone authorized to make such repair. Instruct users to report any equipment or training irregularities to supervisory personnel immediately.

4. TRANSMISSION SOURCE REPLACEMENT

Transmission Sources

MARPO KINETICS uses several types of transmissions sources. These sources may include some or all of the following components: sprockets and roller chains, gears and belts, cables, cams, pulleys, tie rods, flange bearings and rod ends. These components should be checked and lubricated on a regular basis where applicable.

General Guidelines

Worn belts and cables can be dangerous. Unexpected failure of a transmission source can result in injury. It is the responsibility of the owner and/or the person managing the goodwill of the product to frequently inspect transmission source(s) for loose fittings and/or worn areas. Replace cables and belts at first sign of wear. When replacing and/or tightening a transmission source, be certain to check that connections are tight.

The life of any transmission source is conditional to use. Each facility is different and as a result, MARPO KINETICS cannot estimate the life of any one transmission source. Therefore, this responsibility must be managed at the site of the facility.

5. FRAME AND UPHOLSTERY MAINTENANCE

Framework Maintenance

All MARPO KINETICS frameworks should be wiped down on a daily basis. By doing so, it will not only improve the longevity of your finish(s) but aid in identifying fatigue cracks in a frame or component, loose bolts, worn cables or belts and other areas which may require attention.

Frames and components can be wiped down with a damp cloth daily. Every three to four months, use an easy application car wax. This (wax) protection may preserve the powder coating from premature rusting due to corrosives found in perspiration and allow loose particles to be more easily removed when simply wiping your product down with a damp cloth. Do not use lacquer thinner, acetone and/or other solvents. These chemicals may dull the product and possess agents which may remove the epoxy-based powder from the frame.

To repair a scratch or chip on a frame or component, first determine the severity of the damage. Some scratches can be removed with an automotive rubbing compound. A scratch which is too deep to rub out, like a chip, can be filled with a touch-up bottle available from MARPO KINETICS. Typically, solid colors are the easiest to repair in contrast to textured powders. To apply touch-up paint, fill area in sparingly. Two coats are better than one heavy coat. Once area is dried, aesthetic choices as to its finishing are optional. The repair can stand-alone or, efforts to blend and color

sand the repair can be attempted. This process is a difficult one and should be practiced by someone knowledgeable in this field.

Upholstery Maintenance

Due to corrosive agents in perspiration, upholstery should be cleaned daily with a 10% diluted consistency of lanolin hand cleaner in warm water. Do not use products such as Lysol®, Armor Alll®, Windex® or other abrasive detergents as they will dry out and eventually cause Naugahyde® to prematurely crack. When cleaning upholstery, wipe down top and sides with solution and follow up with a dry towel to remove residue(s).

The rope should be cleaned daily with a solution of 70%-90% rubbing alcohol. No oils or soap should ever be used to clean the rope.

6. MAINTENANCE PROCEDURES

Cleaning

Proper cleaning will help ensure the life of your product. The following parts should be cleaned daily:

- Upholstery; using a solution of mild soap and water.
- Rope; using rubbing alcohol on a cloth wipe down the rope to remove hand oil and grease.

Daily Part Inspection

Inspect the following parts daily for wear or damage:

- Hardware; inspect for looseness. Tighten as required using the proper tools.
- Frames; inspect for wear or damage.
- Rope; inspect for any snags, tears or fraying.

Routine Inspection and Maintenance

The following maintenance should be performed approximately once a week:

- Visually inspect all hardware for loosening, tampering or wear.
- Check jam nut on weight stack for tightness.

Once a month open the system covers and inspect:

- All gears and sprockets to make sure they have no play on the axis. For this, check each connecting screw or set screw with the proper Allen wrench or screwdriver. If a screw or set screw is found loose remove one at a time, add LocTite to the treads and tighten back in place.
- The position of the flat rubber belt on the large gear. The entire belt width should rest on the surface of the gear. If the belt is off on one side, loosen the 2 set screws for the gear and reposition so the belt is fully on the gear. This condition might have caused excessive wear on the belt. Visually inspect the belt and replace if worn.
- The rubber surface on the rope gripping pulley. The rubber surface should be cleaned with rubbing alcohol.
- Spinning lead weights to ensure that they are tightly locked in place.

Note: Use polishing compound (such as car wax) to clean and remove scuffs from powder-coated surfaces as necessary.

Important Reminders

- DO NOT use abrasive or highly alkaline cleaners on the plastic or rubber components, or on the rope.
- Never scrape plastic components with razor blades or other sharp instruments.
- Benzene, gasoline, acetone or carbon tetrachloride should never be used on the plastic or rubber components, or on the rope.

Removal of Paint, Marking Pen, Labels

Butyl cellosolve works well for removal of paints and inks. Labels, stickers, and other adhesives may be removed using kerosene. When the solvent will not penetrate sticker material apply heat (hair dryer) to soften the adhesive and promote removal. Be sure to use any solvents according to directions. GASOLINE SHOULD NOT BE USED.

7. WARRANTY INFORMATION

Warranty and Disclaimer

MARPO KINETICS warranty is as follows: lifetime limited on the frame, not including coatings, 1 years on mechanical parts, 1 year labor, 90 days on upholstery stitching only, cables and belts. Warranty is good and available to the original purchaser only as noted by MARPO KINETICS invoice and is not transferable or assumable. MARPO KINETICS cannot warrant products that have been abused, neglected and/or poorly maintained. All equipment should be reviewed at the time of delivery for damage, breakage, loosening of nuts and bolts, components and/or any other moving parts. Any and all claims for warranty must be received in writing within 70 days of defect. Do not alter, modify or redesign any MARPO KINETICS products or use any replacement parts or materials other than those components original to MARPO KINETICS as it will limit the warranty and liability of MARPO KINETICS. MARPO KINETICS reserves the right to change, replace or modify products, parts, accessories and/or design without notice. Deposits on cancelled orders will be subject to handling and restocking charges.

WHAT IS COVERED

This MARPO KINETICS commercial exercise equipment (Product.) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION AND INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, MARPO KINETICS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges for all subsequent years.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products

environment, rust or corrosion as a result of the Product(s) location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in this document.

Parts and Service

You will receive information on how to get a replacement part, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Please include your name, phone number, and model number of your Product for all correspondence. Customer Support is available Monday through Friday from 8:00 a.m. to 5:00 p.m. Pacific Standard Time.

- Call: 925-606-6919
- Fax: 877-275-1005
- E-mail: service@marpokinetics.com

Shipping

Before shipping:

- Obtain a Return Authorization Number (RA#) from Customer Support
- Securely pack your Product (use the original shipping carton, if possible)
- Write the RA# on the outside of the carton
- Insure the Product, and include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effect of State Laws

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

Our Pledge to You

Our products are designed and manufactured to the highest standards.

MARPO KINETICS wants you to be completely satisfied with our products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!